



arm yourself AGAINST THE FLU

The flu is much more serious than the common cold. It’s also very easy to transmit to other people. The best way to keep from catching or spreading the flu is by getting your seasonal Influenza (flu) vaccination.

Everyone should get a yearly flu shot, but it’s especially important for:

- Children 6 months old up to their 19th birthday.
- Anyone 50 or older.
- Anyone with a chronic health condition.
- Pregnant women.
- Health care workers.
- Anyone living with or caring for someone in any of these categories or with a child under 6 months old.

Kaiser Permanente will begin giving seasonal flu shots to members beginning Monday, September 28, 2009. For flu shot information, visit kp.org/flu or call for an appointment.

Hilo Clinic..... 934-4000
Kona Clinic..... 334-4400
Waimea 881-4500

Visit kp.org/flu for helpful advice on preventing and treating seasonal flu, and for the latest news about H1N1 flu. The seasonal flu vaccination does not protect against the H1N1 flu. A separate vaccine for that kind of flu is currently in production. Once it becomes available, it will be given only to high risk members because there will be a limited supply. The Centers for Disease Control will identify who is considered to be high-risk and Kaiser Permanente will follow CDC instructions.

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Wailuku and Maui Lani Clinics
Flu Shot Information Line: 243-6333

Kihei Clinic
Call 891-6850 for an appointment

Lahaina Clinic
Call 662-6950 for an appointment

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Hawaii Kai.....	432-3700	Koolau	432-3800
Honolulu Medicine.....	432-2300	Mapunapuna Medicine	432-5600
Honolulu Pediatrics.....	432-2400	Mapunapuna Pediatrics	432-5656
Kahuku.....	432-3900	Nanaikeola.....	432-3500
Kailua.....	432-3400	Waipio.....	432-3100
Kapolei.....	432-3600		

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